



## Flexible Sigmoidoscopy Prep

### Buy the following OTC:

- 1 bottle of Miralax
- 1 fleets enema

### One day Before the Procedure:

1. Breakfast- anything you like.
2. Lunch- it is ok to have a light lunch.
3. Dinner- (5:00pm and later) Only Clear Liquids.
4. Clear liquids include water, black coffee, tea, apple juice, white grape juice, soda, Jell- O, popsicles, broth, and Gatorade or other sport drinks.
  - DO NOT drink milk or use non-dairy creamer.
  - DO NOT drink anything colored red or purple.
  - DO NOT drink alcohol.
5. 6:30pm- Drink 2 capfuls of Miralax. Follow with clear liquids of your choice.

### Day of the Procedure:

1. Do not eat.
2. 4 hours prior to procedure time- take 2 more capfuls of Miralax.
3. At least 2 hours before your scheduled procedure time, use one Fleets enema. (Follow directions that come with the enema).
4. You may have clear liquids until 2 hours before your procedure time.  
Do not chew gum.

### Important:

1. You will not be able to drive after your procedure. **You will need a driver** to drive you home afterward.



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2. If you take aspirin, anti-inflammatories (Aleve, Advil, Motrin, Ibuprofen) STOP these medications 7 days prior to procedure. (Unless otherwise directed)
3. **Continue taking your prescribed medications.** Unless you are on a blood thinner and have been told to hold these medications.
4. Please notify your doctor at least one week before the procedure if you take warfarin (Coumadin), Plavix, Eliquis, Xarelto, Pradaxa, or other blood thinners.

Please call the office during regular business hours for any questions. 775-829-8855

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